

# Wellness Bingo

FACULTY OF HEALTH | WINTER 2025

Enjoy a seasonal winter drink: hot cocoa, cider, chai latte	Have screen-free mornings for two weeks in a row	Create a vision board or goal-setting for the year	Have a DIY spa day (face masks, hot shower, etc.)	Video call a loved one twice each month this term
Do a digital declutter—organize your phone, email, etc.	Drink only water or herbal teas for 2 weeks	Try a new cuisine or recipe from a different culture	Unplug from social media for a weekend	Cancel one unused or underused subscription or service
Go ice skating or try another fun winter activity	Volunteer your time once each month	Free	Reach out to someone you haven't talked to in a while	Start a book in a genre you haven't explored
Stretch for 10 minutes every day for a week	Declutter your workspace	Add a new plant to your space or start an indoor garden	Clean out your closet and donate unworn clothes	Journal 3 things you're grateful for once a week for a month
Set and track a monthly budget	Have a green smoothie for breakfast for a week	Walk outside for 20 minutes 3 times for a week	Go to bed by 10PM for 5 nights	Organize a game night or movie marathon with friends

**Prize: \$50  
Uptown  
Waterloo**

- Every completed line earns you 1 entry when you send a picture of your card to [health.wellbeing@uwaterloo.ca](mailto:health.wellbeing@uwaterloo.ca)
- Cards must be submitted prior to 11:59 p.m. (ET) on the day final exams end